

BAL 10 in 100 Cup Final (Men)
Cophthall Stadium; 8 August 2009
Results

100 m wind: -0.4 m/s

1	Dwayne Grant	B&B	10.57
2	Christian Malcolm	CDF	10.57
3	Adeola Akinjomo	S&N	11.19
4	Nathan Stevens	ChI	11.20
5	Jason Bernard	K&P	11.63
6	Don Burrell	CRW	11.64
7	Winston Rose	R&N	11.73
8			

Shot Put

1	Nick Owen	K&P	15.26m
2	Zane Duquemin	ChI	14.97m
3	Dave Coleman	CDF	13.88m
4	Neil Mensbridge	CRW	13.56m
5	Alex Pope	B&B	12.84m
6	Simon Bissell	BH	12.37m
7	Patrick David	S&N	10.16m
8			

200m wind: + 0.8 m/s

1	James Alaka	B&B	21.66
2	Lloyd Reffell	CDF	22.06
3	Cameron Webb	S&N	22.32
4	Chris Hall	K&P	22.39
5	Matt Osborne	BH	22.77
6	El-Houssine Azzoui	CRW	22.82
7	Hyel Robinson	ChI	23.14
8	Ross Allen	R&N	23.27

Discus

1	Dave Coleman	CDF	51.23m
2	Zane Duquemin	ChI	48.72m
3	Simon Bissell	BH	44.79m
4	Nick Owen	K&P	40.61m
5	Alex Pope	B&B	40.30m
6	Simon Wells	CRW	40.08m
7	Chaz Allbrighton	S&N	28.35m
8			

400m

1	Dale Garland	ChI	46.86
2	Femi Owolade	B&B	48.72
3	Gareth Hopkins	CDF	49.61
4	Jamie Downes	R&N	50.41
5	Adam Bellis	K&P	50.70
6	Nick Duggan	CRW	51.65
7	Bruce Pilkington	BH	52.72
8	Callum McKechnie	S&N	55.02

Long Jump

1	David Martin	ChI	6.79m
2	Andy Grech	BH	6.58m
3	Chris Morgan	CRW	6.36m
4	Elior Harris	S&N	6.08m
5	Ed Harrison	B&B	5.57m
6	Tariq Sheikh	K&P	5.37m
7	Sam Conway	CDF	5.37m
8			

800m

1	Matt Forber	CRW	1.53.5
2	Josh Moss	S&N	1.55.8
3	Fraser Jardine	BH	1.56.5
4	Tom Druce	ChI	1.56.5
5	Declan Evans	CDF	1.57.4
6	Richard Daniel	B&B	1.58.6
7	Chris Lamb	R&N	2.00.1
8	Tom Beedell	K&P	2.01.4

High Jump

1	Jason Fox	ChI	2.00m
2	Lewis Ely	B&B	1.90m
3	Laurie Pirie	S&N	1.85m
4	Lewis Long	CDF	1.80m
5=	Chris Dack	K&P	1.75m
5=	George Simpkins	CRW	1.75m
7	Ian Bowles	BH	1.75m
8	Ian Gidley	R&N	1.75m

1500m

1	James Thie	CDF	4.00.5
2	Scott Overall	B&B	4.00.9
3	Lee Merrien	ChI	4.01.5
4	Chris Johnson	CRW	4.03.5
5	Tony Valentine	BH	4.04.7
6	Adam Searle	S&N	4.05.6
7	Tom Beedell	K&P	4.14.5
8	Matt Emery	R&N	4.21.2

Medley Relay

1		ChI	2.22.7
2		B&B	2.23.2
3		CDF	2.25.8
4		CRW	2.26.8
5		BH	2.28.3
6		R&N	2.29.5
7		K&P	2.29.93
8			

400m Hurdles

1	Ed Harrison	B&B	53.25
2	Peter Irving	ChI	53.96
3	John Bell	R&N	56.20
4	Ben Caldwell	BH	56.82
5	Luke Morgan	CDF	56.87
6	Chris Hall	K&P	59.31
7	Marcus McKechnie	S&N	64.46
8			

Match Result

1	Channel Islands	82.0	
2	Blackheath & Bromley	77.0	
3	Cardiff AAC	69.0	
4	Crawley	46.5	
5	Bolton Harriers	44.0	
6	Kingston & Poly	DQ	
7	Stevenage & N Herts	41.0	
8	Rugby & Northants	21.0	